July/August 1985

What's happening

A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

CAMPUS TOURS

All tours are free and take place at 1 p.m. on Tuesdays, July 2, 9, 16, 23, 30 and August 6, 13, 20 & 27. Meet in the lobby of the Medical Sciences Building, 513 Parnassus Ave. For further information call 666-4394.

BROWN BAG TOURS/ LECTURE SERIES

All lectures are free and held on Wednesdays at noon in Room 303 Health Sciences West (enter through Medical Sciences lobby, 513 Parnassus Ave.). Tapes of all talks are available for listening in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 666-4394.

July 3: **Increase Your Personal Impact.** Simple behaviors that make a difference in how you present yourself.

July 10: **Careers: Change, Choice & Challenge.** Practical common sense approaches and strategies to control your career.

July 17: **Your Foot & Its Shoe.** Shoes for standing, walking, running & other sports.

July 24: **Financial Planning—The Old-Fashioned Way.** Retirement plans; balanced portfolios in stocks & bonds; tax shelters; insurance.

July 31: **The Magic Bullet.** New drug delivery systems: targeting drugs to sites in the body.

Aug. 7: **Facial Cosmetic Surgery.** Latest trends in aesthetic surgery for aging faces.

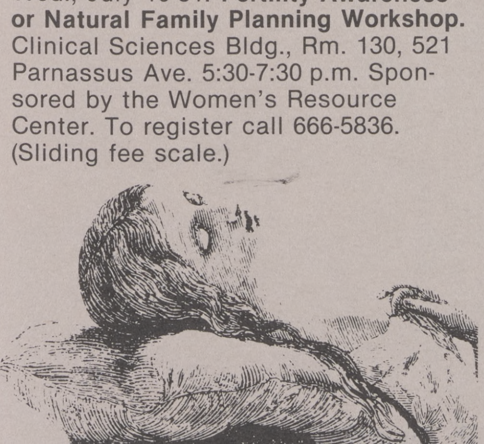
Aug. 14: **Obesity & Health.** Knowing who should lose weight, how much to lose & how to do it.

Aug. 21: **Deep Relaxation Techniques: Music & Imagery.** Unique methods for handling personal and on-the-job stress.

Aug. 28: **Fluoridation, or Where Have all the Dr. Strangeloves Gone?** An examination of objections to fluoridation of water.

SPECIAL EVENTS/DATES

Wed., July 10-31: **Fertility Awareness or Natural Family Planning Workshop.** Clinical Sciences Bldg., Rm. 130, 521 Parnassus Ave. 5:30-7:30 p.m. Sponsored by the Women's Resource Center. To register call 666-5836. (Sliding fee scale.)



Wed., July 17: **Neck & Back Self-Care Two-hour Course.** Millberry Union Resident's Lounge. 1:30-3:30 p.m. One-hour courses also available. Call Catherine Theilen, 666-3034.

AGING AMERICA LECTURE SERIES

Part of the Summer Aging Series sponsored by the Aging Health Policy Center and the American Society on Aging. All lectures are held in Toland Hall, 533 Parnassus Ave., at 5:30 p.m. Students, Millberry Union members & seniors $5, general $7. For further information call 666-2571 or 666-3206. For information & registration on entire 1-week continuing education program call 543-2617.

Mon. Aug. 5: **The Future of Aging in America: The Coming "Gerontocracy."**

Tues., Aug. 6: **Research Directions in the Biology of Aging.**

Wed., Aug. 7: **Intergenerational Families & Social Change.**

Thurs., Aug. 8: **The Future of Social Security: Where Do We Go From Here?**

COMMUNITY HEALTH EDUCATION PROGRAMS

All lectures are free and geared to senior citizens. Topics are subject to change. Call 666-3206.

July

Skin Care. Temple Baptist Church Senior Center, 3355-19th Ave.

Dental Care. Francis of Assisi Community Center, 145 Guerrero St.

Costs of Health Care. California League for Handicapped, 1299 Bush St.

Relieving Tension and Stress. OMI Senior Center, 333 Randolph St.

Vitamins. Russian-American Community Services. 674-37th Ave.

Mouth Care. Self-Help for the Elderly, 640 Pine St.

August

Eye Care. 360-18th Ave.

Cardiac Care. Congregation Beth Shalom, 320-15th Ave.

CHILDREN'S FILM SERIES

All films are shown in Cole Hall, Medical Sciences Building, 513 Parnassus Ave. at 10 a.m., 1:30, 6:30 & 8 p.m. Children under 14 $1.50, UCSF students, Millberry Union members & seniors $2, general $2.50. Group rates available. For further information call 666-2571.

Fri., July 12: **Pinocchio.**

Fri., July 26: **The Jungle Book.**

Fri., Aug. 2: **The Rescuers.**

Fri., Aug. 9: **Dumbo.**

MOBILE BREAST SCREENING PROGRAM

Women now can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient shopping or downtown locations in San Francisco and remains for a week at a time.

Since the screening program began several weeks ago, 450 patients have had mammograms at the mobile van. Of these, five were found to have otherwise unsuspected breast cancer, and four of these tumors were not detectable by hand examination, even with the aid of x-rays to locate them. Clearly the screening program is finding early breast cancer well before it would be recognized by any other means.

Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes, and costs only $30. To make an appointment call 666-4158 between noon and 3:30 p.m.

The van will be at the following locations during July and August:

- July 1-5: Near Safeway on Taraval between 17th & 18th Ave.
- July 8-12: Near Safeway on Columbus at intersection of Taylor & Chestnut.
- July 15-19: At the Civic Center on McAllister between Larkin & Polk.
- July 22-26: Near the Lick Supermarket on 7th Ave. between Clement & Geary.
- July 29-Aug. 2: At Embarcadero Center on Drumm St. between Clay & Sacramento.
- Aug. 5-9: In the parking lot of the former Fireman's Fund Building at 3333 California St. near Laurel shopping center.
- Aug. 12-16: UCSF, Parnassus Ave.
- Aug. 19-23: Marina Blvd. near yacht basin, foot of Scott St.
- Aug. 26-30: Near YMCA on 18th Ave. between Geary & Clement.

NEW VOLUNTEERS ORIENTATION

To acquaint new & prospective volunteers with opportunities available in Hospitals & Clinics. Call 666-1196.

Tues., July 16: Clinical Sciences Bldg., Rm. 130, 521 Parnassus Ave. 1-3:30 p.m.

Tues., Aug. 20: Clinical Sciences Bldg., Rm. 130, 521 Parnassus Ave. 6-8:30 p.m.

CAL READING CLUB

Groups of 12 people meet once a month to read and discuss selected books. Meetings are held in the Millberry Union Board of Governors Room, 500 Parnassus Ave. at 5:30 p.m. Call 666-2571 for summer meeting dates.

PRO: RECREATION & FITNESS PROGRAM

Classes open to UCSF students, employees & the SF community. Over 100 classes offered quarterly in areas of exercise training/aerobics, swimming, stress management, massage/relaxation skills, dance, racquetball, squash, scuba diving, sailing, self-improvement & education, cooking, catering, photography and stained glass. For further information and a free brochure listing all classes including Fit Kids, Senior Power, the Body Clinic and Fencing, call 666-1800.

ART EXHIBITS

Hospitals Auxiliary Exhibit. On display for the month of July in the lobby of Moffitt Hospital, 505 Parnassus Ave., will be watercolors by Larry Petrovich and photos by Alan Margolis. A portion of all proceeds benefits UCSF Hospitals & Clinics patients. To purchase or reserve work, visit the Auxiliary Office, next to the cashier, Moffitt lobby, 513 Parnassus Ave., 10 a.m.-2 p.m. or call 666-4906.

Faculty/Alumni House Exhibit. On display through August are paintings and works on paper by Carol Benioff. Faculty/Alumni House, 745 Parnassus Ave. 8 a.m.-4:30 p.m. For further information call 666-4723.

OUTDOORS UNLIMITED

Located on Parnassus Ave., street level in the University Hospital Bldg. between 3rd and 4th Ave., Outdoors Unlimited offers outdoors adventures for the neighborhood and campus community. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m., Tuesday to Thursday. Two-week advance registration is required for most events. For further information and a free brochure listing all events call 666-2078.

July 6-7: **Beginning Windsurfing Clinic.**

July 16-23: **River Canoeing Clinic.**

WOMEN'S RESOURCE CENTER FILM SERIES

Women Office & Health Care Workers. All films are free and shown from noon-1 p.m. Call 666-5836 for information.

Tues., July 9: **Doctora.** A documentary film portrait of Dr. Ruth Tichauer. Rm. 664 Medical Sciences, 513 Parnassus Ave.

Thurs., July 25: **Good Monday Morning.** A documentary about women office workers. **Nursing: The Politics of Caring.** The evolution of nurses' attitudes toward their work. HSW 303 (enter through 513 Parnassus Ave.).

Tues., Aug. 13: **Code Grey: Ethical Dilemmas in Nursing.** Four situations where nurses confront ethical dilemmas in their work (nominated this year for an Academy Award). **Death & Dying: The Physician's Perspective.** Interviews with nine doctors from different specialties. HSW 303 (enter through 513 Parnassus Ave.).

MASSAGE SERVICE

Millberry Union offers massages Mon.-Wed., 2-7 p.m.; Thurs.-Fri., noon-7 p.m.; and Sat., 10 a.m.-3 p.m. Cost for UCSF students and Millberry Union members is $9 half hour, $17 hour; general $13 half hour, $20 hour. Gift certificates are available. For further information call 666-1115 or visit the pool desk in Millberry Union, 500 Parnassus Ave.

UCSF
University of California, San Francisco
...A Health Sciences Campus

To our neighbors

July/August 1985
A summary of recent news stories from the University of California, San Francisco . . . A Health Sciences Campus.
Volume 10, Number 4

New Bone Marrow Transplant Unit Opens

A new three-bed UCSF Bone Marrow Transplant Unit, for treating children who need bone marrow transplantation as therapy for cancer or genetic and immune system disorders, opened in late May. The new unit is connected with the seven-bed Pediatric Intensive Care Unit, now located in newly renovated space occupying all of 6-North Moffitt as part of the UCSF Children's Medical Center.

All nursing care in the bone marrow unit will be provided by PICU nurses who, in addition to their critical care skills, also have training in bone marrow transplant procedures. According to Morton J. Cowan, MD, director, this is a unique feature of the unit and promotes maximum continuity of care for these patients and their families. Linda Zislin, RN, is the clinical nurse specialist.

The UCSF unit will oversee three types of bone marrow transplants: matched, in which donor and recipient are genetically similar; partially mismatched, in which there is some genetic similarity and in which bone marrow from the donor—usually a parent—must be specially treated to reduce severe reactions; and autologous, in which the patient donates his or her own bone marrow during the early stages of the disease or during remission and then receives it back when needed. UCSF is the only medical center in the Bay Area performing the mismatched and autologous bone marrow procedures. Among its other features, the new unit has a specially designed air filter system to reduce the risk of infection.

Stop Smoking with Nicotine Gum

The UCSF Habit Abatement Clinic is offering a new stop smoking program using nicotine gum. It is part of a treatment research program for smokers who have a spouse or friend who would be willing to help them quit.

A $25 refundable deposit is required for the three- to five-week program. Meetings are held during the day or in the early evening. New groups begin every month.

For more information, call Dorothy Ginsberg, PhD, or Marishka Rosinski, MPH, 681-8080, x575, between 9 a.m. and 4:30 p.m.

Parnassus to be Repaved in July

The City will begin repaving Parnassus Avenue and Judah Street on Saturday, July 20, from 9th Avenue to Clayton Street. The project is scheduled to be completed no later than August 30. In order to minimize the traffic problems on our campus, Parnassus and Judah will be repaved between 5th Avenue and Willard Street only on the weekends of July 27 and 28 and August 3 and 4. All other areas of Parnassus and Judah will be repaved during the weekdays, 7:30 a.m. to 4:30 p.m.

Visitors and patients to the campus are urged to avoid Parnassus Avenue during this time period because it will be extremely congested. One lane will be open at all times for emergency traffic. Irving Street can be used as an alternate route to the campus.

The Millberry Union parking garage entrance on Parnassus will remain open with short delays expected. For further information call the Campus Planning Office at 666-2911.

Bladder Pacemaker Shows Promise

An electronic pacemaker which can restore control of bladder function to persons suffering from nerve-associated urinary disorders—including paraplegics and quadriplegics—is showing great promise in clinical trials at UCSF.

Probably the most advanced work in this field in the world, the bladder pacemaker is surgically implanted and provides electrical stimulation to key nerves responsible for urination. The patient activates the pacemaker by remote control "on demand" via a hand-held external unit.

The bladder pacemaker has the potential for helping some 2.5 million Americans who suffer from nerve-associated bladder problems caused by trauma or a variety of disease, including diabetes, amyotrophic lateral sclerosis (Lou Gehrig's disease), multiple sclerosis, Parkinson's disease, and cerebral stroke, according to Emil A. Tanagho, MD, chair of the Department of Urology.

Because of the preliminary success of the bladder pacemaker at UCSF, Tanagho is hoping to expand the clinical trials nationally, with a goal of implanting the device in 50 patients over the next two years.

Laser Treats Esophageal Cancer

An infrared laser has been used to treat 12 patients with esophageal cancer at San Francisco General Hospital, successfully restoring their ability to swallow and allowing the patients to eat. The treatment does not effect a cure, but enables the patients to live relatively normal lives.

According to John P. Cello, MD, UCSF associate professor of medicine, the laser is used in conjunction with radiation therapy and chemotherapy for the best results. One of the chief advantages of the treatment is the short hospitalization required. Patients are treated at San Francisco General Hospital for only two or three days initially, returning as outpatients on an as-needed basis for follow-up therapy. Cost savings are significant, Cello pointed out, but the psychological and physical relief is the primary goal.

(More news items on back page)

Schizophrenia Treatments Studies at SFGH

A $5 million, five-year study of combinations of treatments for schizophrenia has begun at UCSF and four other medical centers. The UCSF study is conducted at San Francisco General Hospital under medical psychologist William A. Hargreaves, PhD. The study compares combinations of family-centered therapy and antipsychotic medication. The objective, according to Hargreaves, is to "help the patient avoid hospitalization and get along well while using as little medication as possible, and to help the families with the difficulties of living with a schizophrenic family member." The patients in the study are either living at home following hospitalization or in close contact with their parents.

Coresearchers from UCSF are psychiatrists Marc Jacobs, MD, and John Hopkin, MD; and social worker Robert Surber, LCSW.

UCSF Graduates Over 700

Some 700 students graduated from UCSF during commencement ceremonies in May and June including:

- 142 physicians
- 53 mental health professionals
- 282 nurses
- 99 dentists and 18 dental hygienists
- 110 pharmacists
- 30 PhDs in anatomy, physiology, endocrinology, sociology, pharmaceutical chemistry, medical anthropology, psychology, neurosciences, speech & hearing science, pharmacology
- 27 specialists in nursing, mental health, medical & biological illustration and clinical laboratory science.

Your Driver's License Could Save a Life

The California Department of Motor Vehicles provides a donor sticker which may be affixed to the back of your driver's license or identification card stating that you are willing to donate your corneas, kidneys and other vital organs and tissues when you no longer need them. For further information write or call the Kidney Foundation of Southern California, 6820 La Tijera Blvd., Suite 111, Los Angeles, CA 90045, (213) 641-5245.

California Street—Here We Come

A combination of UCSF academic programs and institutional support services have started moving into the 3333 California Street building on a phased basis, according to Chancellor Julius R. Krevans, MD. The School of Pharmacy faculty has voted to move a number of its academic and scientific programs, and other UCSF schools also are considering the move.

The UC Regents will be voting at their July meeting on the proposed new name of the site—UCSF-Laurel Heights.

In addition to the UCSF programs, the Office of the President is considering occupying a suite as the San Francisco base for the University of California, and the Regents may utilize the conference center instead of the UC Extension building for their Northern California meetings, starting in the fall. Caltrans, which will occupy a major portion of the building as a tenant on a 10-year lease, has already begun to move in.

A policy now is being developed for campus and community use of the auditorium and conference center.

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University of California San Francisco
News and Public Information Services
532 Parnassus Avenue, San Francisco, CA 94143

Rush—Time Dated
July—August, 1985

To our neighbors